

TRAUMATIC BRAIN INJURY (TBI) IN UTAH, 2004

FACTS ABOUT TBI IN UTAH*

- Males sustain nearly twice as many TBIs as females.
- Utahns under age 60 sustain the majority of TBIs in motor vehicle crashes.
- Utahns over age 60 sustain most TBIs in falls.
- Wearing helmets could prevent the majority of bicycle-, motorcycle- and ATV-related traumatic brain injuries.

WHO

- **2,384** Utahns (1,587 males, 796 females, 1 unknown gender) suffered TBIs in 2004.
- Of those victims, **491** (20.6%) died.
- Utahns ages **85 and older** suffered the highest rates of TBI (639.3 per 100,000 population).
- **41** TBI victims were infants under age 1.

HOW

CAUSE	Number*	Percent
Falls	470	36.3
Motor Vehicle	318	24.6
Sports	85	6.5
Motorcycle	75	5.8
Pedestrian	71	5.5
Assault (including firearm)	52	4.0
ATV/Snowmobile	49	3.8
Bicycle	40	3.1
Falling Object	26	2.0
Snow sports	25	1.9
Firearm (unintentional)	12	0.9
Self-inflicted	32	2.5
Other/Unknown	40	3.1
TOTAL	1,295	100%

*N=1,295. Numbers in table represent sampled cases only.

WHERE

- TBIs are 47.0% more likely to occur in rural Utah (119.4 per 100,000) than in urban areas (81.2 per 100,000 population). Urban Utah includes Salt Lake, Utah, Davis and Weber Counties.
- The Local Health Districts with the highest TBI rates were Tooele, Central and Summit (156.0, 154.5 and 139.1 per 100,000, respectively).
- The Davis, Utah and Weber-Morgan districts had the lowest TBI rates (49.6, 69.2 and 88.4, respectively).

*All data for this fact sheet are from the Utah Department of Health Violence and Injury Prevention Program TBI database.

What is TBI?

TBI is defined as a head injury with one or more of the following conditions:

1. Observed or self-reported decreased level of consciousness;
2. Amnesia;
3. Skull fracture;
4. Neurological or neuropsychological abnormality; or
5. Intracranial lesion.

TBI PREVENTION

Motor Vehicles

1. Always wear a seat belt.
2. Wear a helmet when riding ATVs, snowmobiles and motorcycles.
3. Put all children in the correct car seat for their age, height and weight. For help, visit www.health.utah.gov/vipp.
4. Children should ride in the back seat until age 12.
5. Don't drive drunk, drugged or drowsy.

Falls Among the Elderly

1. Keep stairs well lit and free of clutter.
2. Put non-slip surfacing in tubs and showers and on bathroom floors.
3. Have your vision checked every year.
4. Exercise regularly.

Suicide

1. Keep guns unloaded and locked up, with ammunition stored separately.
2. Watch loved ones for signs of depression and get help if needed.

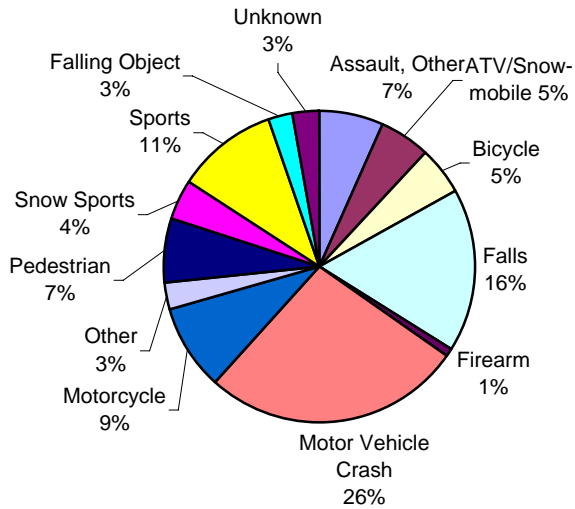
Bicycle and Pedestrian

1. Always wear a helmet.
2. Cross streets only at crosswalks.

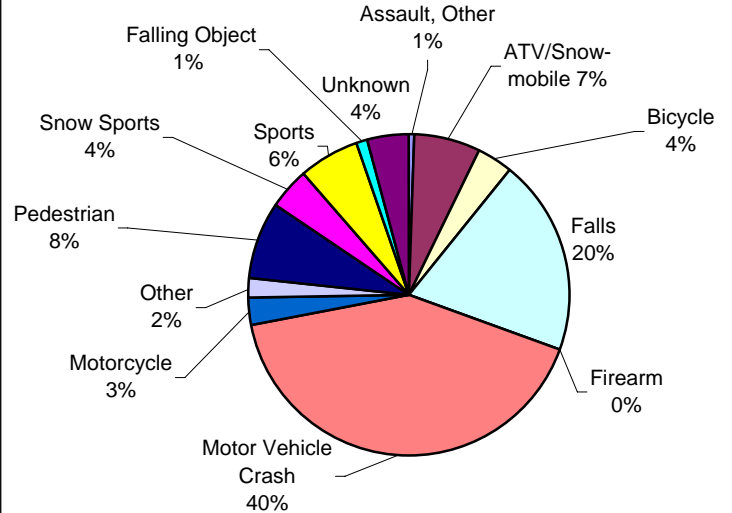
Snow Sports

1. Wear a helmet while skiing, sledding and snowboarding.

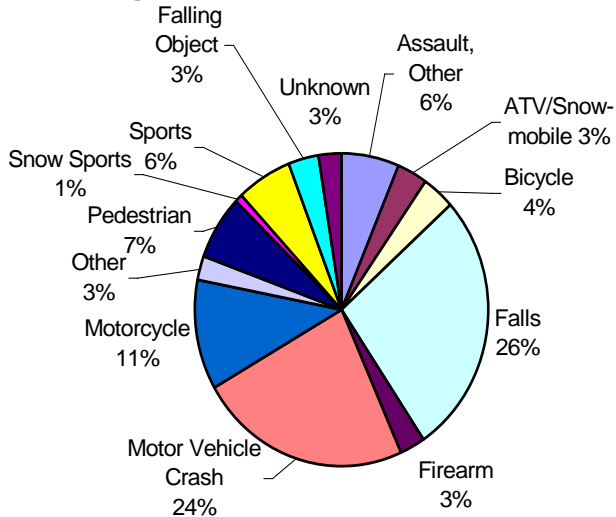
**TBI by Cause Among Males
Ages 0-29 Years, 2004**



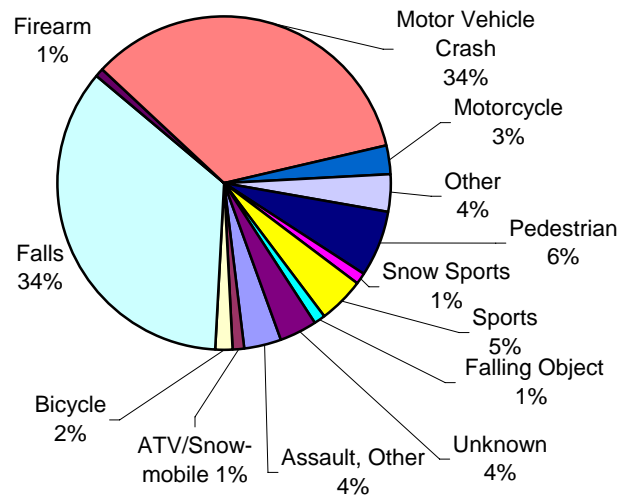
**TBI by Cause Among Females
Ages 0-29 Years, Utah 2004**



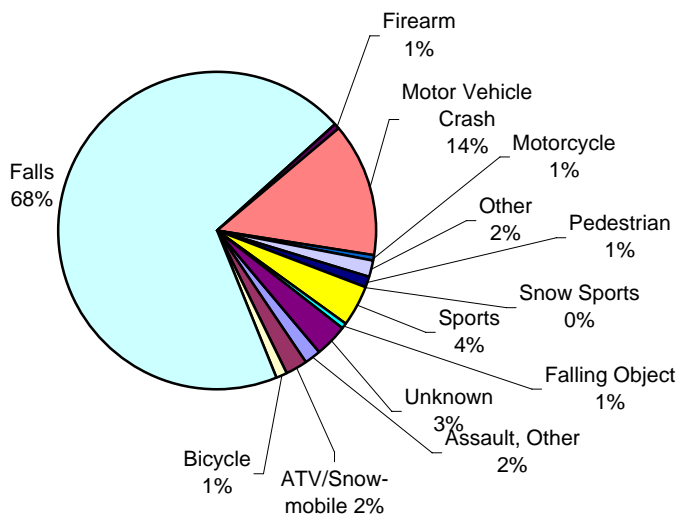
**TBI by Cause Among Males
Ages 30-59 Years, Utah 2004**



**TBI by Cause Among Females
Ages 30-59 Years, Utah 2004**



**TBI by Cause Among Males
Ages 60 and Older, Utah 2004**



**TBI by Cause Among Females
Ages 60 and Older, Utah 2004**

